

## **Historic, Archive Document**

Do not assume content reflects current scientific knowledge, policies, or practices.



# Commodity Supplemental Food Program-- Services for the Elderly

United States Department of Agriculture/Food and Nutrition Service/Washington, D.C. 20250  
August 1988

Program Aid Number 1415

The Commodity Supplemental Food Program (CSFP) provides supplemental foods and nutrition education to eligible persons. Originally designed to serve low-income pregnant, post-partum, and breastfeeding women, infants, and children, the program has been expanded to serve needy persons 60 years of age and older.

## Who administers the CSFP?

The Food and Nutrition Service of the U.S. Department of the Agriculture (USDA) administers the CSFP at the national level. USDA's seven regional offices assist State agencies and evaluate program operations at the State level.

State agencies develop plans for operating the program in each State and approve local agencies to provide program benefits to participants. The State agency may be any agency designated by the State to administer the program, such as the departments of health or social services. An Indian nation or group may also be a State agency.

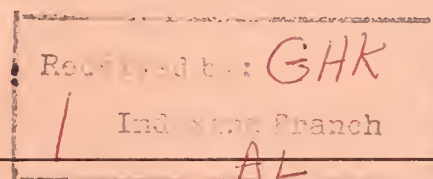
Local agencies deliver program benefits to participants. Local agencies determine the eligibility of applicants, distribute the supplemental foods, provide nutrition education, and advise participants of the importance of health care. A local agency is a public or nonprofit agency that serves low-income persons. The term "local agency" can include a unit of the Indian Health Service or an Indian tribe, band, or group recognized by the U.S. Department of Interior.

## Who is eligible for the CSFP's elderly service?

Elderly persons who meet the following requirements are eligible to participate:

- Age 60 or older.
- Live in an area where the CSFP serves the elderly.
- Annual gross income at or below 130 percent of the Federal Poverty Income Guidelines.
- May also be required to be at nutritional risk, at the option of the State agency. Examples of nutritional risk include hypertension, diabetes, osteoporosis, and being underweight or overweight.

Participants are certified for 6-month periods.



## How can interested persons apply?

Interested persons should apply at a participating local agency. Local agency personnel will determine eligibility and certify those accepted for participation. Participants receive their foods

---

within 10 days of notification of eligibility. (Note that the CSFP is not available in all States and not all CSF Programs serve the elderly. Women, infants, and children have priority over the elderly in the CSFP.)

---

### **Can eligibility decisions be appealed?**

---

Yes. Every CSFP State agency is required to have a fair hearing procedure by which applicants may appeal any decision made by the local agency regarding participation.

---

### **What supplemental foods do elderly participants receive?**

---

The foods offered include nonfat dry and whole evaporated milk, farina or ready-to-eat cereal, rice, egg mix, peanut butter or dry beans or peas, canned meat or poultry, canned fruits or vegetables, and juice. The foods do not provide a complete diet but the foods do provide good sources of necessary vitamins and other nutrients.

---

### **How do participants receive the supplemental foods?**

---

Local agencies provide the supplemental foods at no cost to participants, or participants are given a voucher entitling them to pick up the foods at a local distribution center every month or every other month. Special efforts are made to serve elderly participants who are home-bound and unable to obtain the foods. In these situations the local agency may make special arrangements, such as having the foods delivered to the participant's home or arranging for a volunteer to pick up the foods for the elderly persons.

USDA donates commodity foods to the appropriate State agency for distribution and provides funds to cover certain administrative costs. USDA pays for the initial processing and packaging of the food and for transporting it to the State agency. It is the responsibility of the State agency to store and distribute the food to local agencies.

---

### **What nutrition education do participants receive?**

---

Nutrition education must be made available to participants and must be designed to have a practical relationship to their nutritional needs and household situations. Nutrition education emphasizes the relationship between nutrition and good health and helps participants to achieve a positive change in food habits.

*The Commodity Supplemental Food Program is available to all eligible persons regardless of race, color, sex, national origin, age, or handicap.*